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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Food Value in Fish" - Information from nutritionists of the United States Department of Agriculture

With frozen fish in good supply, it's smart to serve fish, these days.

Here's what nutritionists of the United States Department of Agriculture say about the food value of fish.

You get not one but many food values when you eat fish.

For example, an average serving of fish will furnish you with enough animal protein to supply your body's needs for a day.

Fish protein is nearly 90 percent digestible. It has the amino acids your children need for growth.

When you eat shellfish, such as oysters and shrimp and scallops, you're getting some of the calcium your body needs. Calcium, you know, is the bone-building mineral we get from milk. In some fish, you'll get half or more the calcium you'd get in an equal weight of milk. And these fish contain much more calcium than you'd get in the common cuts of meat or in poultry.

Shellfish are also a source of iron. In fact, oysters have almost as much iron as you'll get in liver.

Another important mineral you get in salt water fish is iodine. Fish is our chief source of iodine among natural foods. Iodine is the mineral that protects us from goitre.

So when you plan to serve broiled fish or oyster stew or shrimp gumbo for dinner, you're planning to give your family a good supply of the protein and many of the vitamins and minerals they need.

And looking at it from another important angle, you're giving them a meal they can enjoy too.

# HOMEWORK

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